

# Halifax metro

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**PRESIDENT OBAMA**  
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metroNEWS



Your essential daily news | WEDNESDAY, JANUARY 6, 2016

High 0°C/Low -4°C Sunny and seasonable



Alisa Walsh was one of many on hand as the ship left the jetty on Tuesday. Her daughter, Leading Seaman Meagan Hatt, is part of the crew that is deploying on Operation Reassurance.

JEFF HARPER/METRO



## SAYING GOODBYE

**HMCS Fredericton leaves Halifax Harbour for six-month mission** metroNEWS

## Herd deal top sniper

QMJHL

**As trade window closes, GM won't say if team is done**



**Zane Woodford**  
Metro | Halifax

The Halifax Mooseheads pulled the trigger on another big deal on Tuesday, but the team's GM said it's "hard to say" whether any more trades are coming before Wednesday's deadline.

The Mooseheads dealt forward Danny Moynihan and a third-round pick to the Shawinigan Cataractes in exchange for Halifax native Zach Taylor and a first-round draft pick.

Both picks are for 2016.

"At this point in his career, it's a good move for him," Mooseheads GM Cam Russell said of Moynihan during Tuesday night's home game against the Charlottetown Islanders.

Russell said Moynihan was "pleased" to be able to go play for a team with an "excellent" chance of winning the Memorial Cup this season.

Moynihan, 20, leads the Mooseheads in scoring

this season, recording 24 goals and 50 points in 38 games.

Russell said Moynihan's brother, Connor, would be sticking around.

Taylor, 20, is a veteran blue-liner who will fill an overage spot with Moynihan on the move.

In 31 games this season, Taylor has six points and a plus-11 rating.

Russell said the move gives younger players on the rebuilding Mooseheads a chance for some more ice time, and more importantly, gives the team a third first-round pick in the upcoming draft.

Tuesday's move is the third significant one made by Halifax during the trade window.

Before Christmas, the team traded blue-liner Cavan Fitzgerald to Shawinigan and Cody Donaghy to the Moncton Wildcats.

Russell said Tuesday night "it's too hard to say" whether there would be any more trades coming before the QMJHL's trade deadline at 1 p.m. on Wednesday.

When asked specifically if right-winger Timo Meier could be traded, Russell said, "I can't comment on that."



**The Mooseheads traded forward Danny Moynihan.**

JEFF HARPER/METRO



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## COLLISION

### Teen hospitalized by family member's car

A 17-year-old girl was hospitalized after being hit by a vehicle that she was just dropped off from in the parking lot of Halifax West High School.

Police say the collision happened at 8:50 a.m. Tuesday. After dropping the teenager off, police say the driver looked before pulling away, believing she had walked behind the car.

"She had actually walked in front of the vehicle and the driver was unable to stop in

time," a police release states. The 17-year-old was hit and fell into a snowbank and onto the ground.

She suffered non-life-threatening injuries and police say the driver won't be ticketed "given the circumstances."

**Luckily it was minor injuries and nothing more serious.**

Const. Dianne Woodworth

When asked what the relationship between the driver and 17-year-old girl was, police spokesman Const.

Dianne Woodworth would only say "they're related."

PHILIP CROUCHER/METRO

## CRIME

### Police issue warrant for alleged fraudster

Police are asking the public to help them locate Stephen Wade Tracey, 29.

A province-wide arrest warrant has been issued for Tracey involving charges of fraud, forgery, break and enter and possession of stolen property.

Tracey's alleged involvement in identity theft and cheque fraud crimes have often been with a female accomplice. That accomplice was

arrested in New Brunswick on Dec. 19 and remains in police custody.

Police say a common scheme would involve opening a bank account under a stolen identity and using that account to fraudulently purchase items from buy and sell websites.

Tracey is described as white, 6'1 and is about 250 to 270 pounds with tattoos covering his hands. He has been known to travel throughout Nova Scotia and Alberta.

Investigators believe that there may be more victims in Nova Scotia and that others may fall victim to future fraudulent activity.

Anyone with information on where Tracey can be found is asked to contact their local police department or Windsor District RCMP at (902) 798-2207. METRO



Stephen Wade Tracey HANDOUT

## IN BRIEF

### Snack truck snatched

An Old Dutch truck loaded with snack foods was reported stolen in Bridgetown over the weekend.

The cargo truck was stolen on Jan. 3, and was later found in the county after it was driven into a ditch. There have been no arrests and no food was taken. TC MEDIA, WITH FILES FROM METRO

### Home destroyed by fire

Firefighters from several departments were out in snowy conditions Monday night to battle a house fire near the Big Scoop Restaurant in Middleton.

Firefighters remained on the scene for several hours. The two-storey home still stands, but appears to be destroyed inside. TC MEDIA



## WHERE, WHEN

Wednesday's public meeting to discuss proposed changes to the King Street fire station takes place at Alderney Landing in the Rotunda at 7 p.m.

If proposed changes are approved, the King Street fire station will switch from having full-time career firefighter to volunteers on evenings and weekends. METRO FILE

## Dartmouth preparing to heat up staffing feud

## AWARENESS

### City meeting to discuss future of King Street fire station



Yvette d'Entremont  
Metro | Halifax

Tim Rissesco is expecting a good turnout for Wednesday's public meeting to discuss concerns about proposed staffing changes to Dartmouth's King Street fire station.

"People are upset. They don't think that relying on volunteer firefighters on evenings and weekends will provide adequate protection," said the executive director of the Downtown Dartmouth Business Commission.

If approved, Rissesco said the proposal by Halifax Regional Fire and Emergency Services to switch from 24-7 career firefighters at the station to volunteers on evenings and weekends would significantly impact residents and businesses.

He said concerns expressed to the business commission about effects on response time led to the decision to host Wednesday's

**This is not the time to be cutting services.**

Tim Rissesco

public meeting

"If we had a fire, every second would count. Plus we are experiencing significant growth with new buildings going up at King's Wharf," said Rissesco. "This is not the time to be cutting services."

The meeting will include presentations from the firefighters

union, Dartmouth Centre Coun. Gloria McCluskey and Rissesco, who will summarize some of the concerns expressed by downtown businesses.

The floor will then be opened to residents and others to express their concerns.

"What we hope to achieve is greater awareness of the issue and to create a call to action for people to call their councillors and say they don't want this to happen," Rissesco said.

"To be able to adequately serve the downtown core you would need to have some very understanding employers and many very committed volunteers."

## DEPARTMENT OF JUSTICE

### Murder case added to rewards program



Haley Ryan  
Metro | Halifax

The 2012 murder of two men in Sheet Harbour has been added to the provincial rewards program.

On Tuesday, the Department of Justice said in a release they are hoping to receive more information about the homicides

of Matthew Hebb and Earle Stewart through the Rewards for Major Unsolved Crimes Program.

Anyone who provides the police with information leading to the arrest and conviction of those responsible for these deaths could receive up to \$150,000.

"These families deserve answers," Justice Minister Diana Whalen said in the release.

"I urge anyone with information about these tragic deaths to please come forward."

On the afternoon of Dec. 12, 2012, police and firefighters responded to a structure fire at 455 Highway 374, where Hebb and Stewart were found dead.

Police believe there are people who have information that could result in an arrest and possible charges in this case.



Matthew Hebb HANDOUT





Frankie Allison looks over a poinsettia plant at his Hammonds Plains home on Tuesday. He believes it is his wife's spirit that has resulted in the plant's spectacular and unusual growth. JEFF HARPER/METRO

# A love that grows each year

EXTRAORDINARY

**Man's 100-lb poinsettia won by his late wife 19 years ago**



**Yvette d'Entremont**  
Metro | Halifax

Frankie Allison misses his wife, Maxine, who died in 1996, but he believes her spirit is

still with him after all these years in the form of a poinsettia plant.

She won the plant through a radio contest and picked it up on Christmas Eve, two days before her unexpected death from a heart attack. She was 52.

Today, 19 years later, that plant weighs more than 100 pounds and sits in a pot roughly the size of a washing machine.

It stands four feet nine inches tall and is 12 feet nine

inches around. Allison said it continues to grow although he does little more than water it twice a week and give it regular fertilizer.

"I had it sitting on a coffee table off the picture window that first year and it just kept growing and I thought, 'Wow. This is growing fast,'" Allison recalled.

As the years passed and the plant continued to thrive, Allison said family members began commenting on how they felt Maxine's spirit was



**My sister-in-law who I talk to every day said to me this morning, 'Max is still with you.' I believe that she is still with us.**

Frankie Allison

keeping it growing.

He now needs to transfer the plant to a larger pot but said that presents a challenge because it will require two or three people.

"The only way to do that now from this large pot is to

rip the pot open and lift the plant onto its side and slide it into a new pot," he said.

Allison said having lost his wife on Boxing Day makes Christmas especially difficult. But the plant helps because when it comes into full bloom

over the holidays it serves as a reminder of his late wife and the time they shared.

"We were close and I miss her," he said.

Jim Sullivan at Halifax Seed said a poinsettia the size of Allison's is unusual because they thrive in warmer climates and most people don't keep them very long.

"What I think is great is that someone had the patience and took the time to take care of it for all those years," Sullivan said.

## Balance

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# A heartfelt military sendoff

HMCS FREDERICTON

## Families wave goodbye as six-month mission begins



**Yvette d'Entremont**  
Metro | Halifax

Barry Cameron was dry-eyed but full of emotion Tuesday as he waited to wave a final goodbye to his husband, Ryan Cameron.

Ryan Cameron is one of 250 personnel who left Halifax aboard HMCS Fredericton for a six-month deployment. His husband said although it is difficult, military families know it comes with the territory.

"This is his first major deployment. It was usually three or four months at a time when he has gone before," Barry Cameron said, standing on the jetty looking up at the ship as it prepared to leave Halifax.

"It is exciting. It is scary. It is a big mix of emotions. But I'm proud. Absolutely."

As families crowded on the jetty waiting for their loved ones to depart, many joked about the frigid temperatures.

Chloe Fitzgibbons, 9, was bundled up alongside her mom, younger sister Madison and grandmother to say goodbye



**Above: Madison Fitzgibbons, 6, and her sister Chloe Fitzgibbons, 9, hold signs for dad Kristian Fitzgibbons, dockside as the HMCS Fredericton deploys Tuesday on Operation REASSURANCE. Below: Crew members line the deck to say goodbye to family and friends. JEFF HARPER/METRO**

### + REASSURANCE

Operation REASSURANCE is HMCS Fredericton's second deployment in support of NATO assurance measures. It has a crew of 250 personnel of all ranks, including an embarked CH-124 Sea King helicopter and air detachment.

YVETTE D'ENTREMONT/METRO

to her father, Kristian Fitzgibbons. The girls held bright pink signs, including one that read, 'Bye daddy, I'll miss you. All my Love.'

Although "a little bit sad," Chloe said she intends to use her tablet to email her dad daily.

"This is his very first deployment. In our house we made a deployment wall where they (daughters) can put pictures or anything they want to send to dad," her mother Jennifer Fitz-

gibbons said, as her daughters shared holding the two signs.

"We also have a countdown calendar with stickers and my husband wrote a journal for them with an entry each day."



**It is exciting. It is scary. It is a big mix of emotions.**

Military spouse Barry Cameron

HMCS Fredericton was deployed on Operation REASSURANCE and will join NATO forces in the Mediterranean Sea.

A Department of National Defence news release described the operation as part of NATO's assurance measures to promote security and stability in Central and Eastern Europe. The ship replaces HMCS Winnipeg, which has been part of Standing NATO Maritime Forces since July 2015.



CONFIDENTIALITY

## Imprudence led to alleged navy security breach: Rear admiral

An alleged security breach at one of the Royal Canadian Navy's most sensitive security operations was the result of imprudence, not malice, says the navy's commander on the Atlantic coast.

Rear Admiral John Newton said Tuesday the so-called data spill involving more than 1,000 secret documents was the result of mishandling of files by a civilian employee, a mistake that did not pose a threat to military intelligence.

"We do not fear that there was a threat to the material that was uploaded to an unclassified

network," Newton said after taking part in a dockside ceremony that saw the frigate HMCS Fredericton depart Halifax for a six-month, NATO-led mission in the Mediterranean.

"We've looked at ... the work of the person involved and it's an issue of imprudence in handling material, but it's nothing more nefarious than that."

Military police in Halifax allege that between 2004 and 2009 a web designer working at HMCS Trinity — the military's principal East Coast intelligence centre — used Defence Department networks to improperly

store secret files.

A search warrant filed in provincial court alleges the actions of a man identified only as "Mr. Zawidski" violated a section of the federal Security Information Act that deals with wrongful communication of information.

None of the allegations has been proven in court. Newton said he has received no indication that charges have been laid.

However, the warrant says Zawidski's network accounts have been frozen and he has been barred from entering the building where he once worked

### + PAST BREACH

In 2013, Sub-Lt. Jeffrey Paul Delisle was sentenced to 20 years in prison for copying secret computer files at HMCS Trinity and selling them to Russia.

at HMC Dockyard.

Maj. Martell Thompson, a military spokesman, declined to offer details about Zawidski, but he confirmed he has been transferred to a section that does not deal with

confidential information.

Christian Leuprecht, a professor at the Royal Military College of Canada in Kingston, Ont., said documents labelled secret or confidential do not always contain sensitive information.

"I have long argued that we classify way too much documentation as secret, confidential, classified or for Canadian eyes only," said Leuprecht, an expert on security threats who also teaches at Queen's University.

This type of risk management process casts a wide net that can ensnare people who are just cutting corners

to save time, he said.

"We should be careful not to infer intent," he said. "We should await any charges being laid."

The warrant, issued Sept. 15, 2015, says military police seized four hard drives, a laptop computer, some CDs and floppy disks from Zawidski's Halifax office in September following a complaint about a possible security breach. Zawidski's personal network drive contained 1,086 secret documents and 11 confidential documents, dated between 2004 and 2009, the warrant says. THE CANADIAN PRESS



# First responders need help: NDP

## WORK STRESS

### Province needs to move ahead with PTSD support: Critic

Manitoba's move to recognize post-traumatic stress as a work-related disease has a Nova Scotia politician wondering what happened to a government promise to look at more ways to help emergency workers such as police, firefighters and paramedics in his province.

The third party NDP introduced a bill in October 2014 calling for all current and former emergency responders to receive automatic or presumptive coverage for a PTSD diagnosis under workers compensation.

The governing Liberals appeared receptive at the time, with Health Minister Leo Glavine saying that an all-party committee would be struck to examine ways to support first responders dealing with the mental-health issue.

Glavine said the committee would submit a report to the government before the spring



Members of the Halifax Regional Police Public Safety Unit train at the Nova Scotia Firefighters School in Waverley. NDP want to help those under strain in such jobs. JEFF HARPER/METRO

2015 session of the legislature. NDP house leader Dave Wilson, who introduced the bill, said there's been no committee formed and he's heard little about the government's plans over the past 15 months.

"I'm quite frustrated by the whole process," said Wilson, a former paramedic with nine years of experience in the field.

Changes to Manitoba's Workers Compensation Act,



**We are watching what is going on across the country.**

Labour Minister Kelly Regan

which took effect Jan. 1, make anyone who is diagnosed by a medical professional after a job-related trauma eligible for treatment and compensation.

Wilson believes Nova Scotia's first responders are getting coverage, but only to a certain extent.

"It's usually after a long hard-fought battle which is

the last thing they need when they are trying to get better from PTSD," he said.

Labour Minister Kelly Regan said the government will have "more to say" about PTSD later this year — but she added that work has been done that didn't require legislation to clarify "confusion" around workers compensation rules related to psychological injuries.

She said first responders are eligible for help within a year of being diagnosed for PTSD, even if the condition is linked to a traumatic event that may have happened several years before.

Previously, she said some people mistakenly believed the diagnosis had to occur within a year of the traumatic event.

Regan also said PTSD has been given its own category instead of being listed as a psychological injury so the board can better track the number of cases affecting first responders.

She said there are more changes to come, although she wouldn't be specific.

"Absolutely, we are watching what is going on across the country to see what other jurisdictions are doing," she said.

THE CANADIAN PRESS

## SUICIDE

### Advocate says time to act is now

Vince Savoia, a former paramedic and advocate who assists first responders through the Tema Conter Memorial Trust Fund, believes governments have no choice but to take a serious look at the problem of PTSD.

He said there were 39 confirmed suicides by first responders in 2015, and another 27 in 2014.

"What the presumptive legislation will do for the first responder is allow them to get treatment they need sooner rather than later," he said.

PTSD is treated as a presumptive condition under changes to workers compensation laws in British Columbia and Alberta.

Meanwhile, Ontario and New Brunswick are currently examining laws that contain changes similar to Manitoba's.

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# Bay Ferries needs vessel for Yarmouth service

## TRANSPORTATION

### Government not worried, minister says

Bay Ferries has yet to secure a vessel for ferry service between Yarmouth and Portland for the 2016 season, but the province's minister of transportation says he isn't worried.

At the end of October, the province announced Bay Ferries was the preferred candidate to operate the service and said the company had 45 days to secure a vessel. That deadline has now lapsed.

"That is certainly not a concern for us," Geoff MacLellan said in an interview late Monday with the Yarmouth Vanguard.

"Bay Ferries is out there, they're in the market, they're in daily contact with brokers internationally and they've obviously committed to this service for 2016 and beyond."

Until it's known what vessel will be used, MacLellan said contract negotiations can't be finalized.

But the public has been asking how marketing can begin with the service set to begin in six months and no vessel.

MacLellan said he has discussed marketing with the company.

"There is no concern on the Bay Ferries side that we are running out of time," he said.

MacLellan said the company has been contacting the tourism sector in Nova Scotia and Maine to make sure they know the service will be available.

The minister acknowledged they may miss the boat on marketing in some print pub-



Bay Ferries is taking over from The Nova Star, shown above, on the Yarmouth-Portland route. METRO FILE

**The Liberals are putting the 2016 sailing season in serious jeopardy and it's time to come clean.** Conservative MLA Chris d'Entremont

lications, but there are lots of avenues to promote the ferry, including social media and online.

MacLellan added there won't be expectations of 100,000 or 80,000 passengers for this year as Nova Star Cruises had in its two years of operating the service.

"The relative baseline could be in the high 50,000 range. We don't think it's reasonable to raise expectations past that point now," MacLellan said.

If there's an increase "that's fantastic" and if it dips below that number that's cause for concern, MacLellan said.

MacLellan said more details

will be coming once negotiations are completed for the season with Bay Ferries.

"I believe that what they come forward with prior to sailing ... will be the best possible business model mix for this run," MacLellan said.

But not everyone feels "soon" is good enough, and the area's Progressive Conservative MLA Chris d'Entremont is calling on the Liberals to release information on the ferry now.

"The Liberals are putting the 2016 sailing season in serious jeopardy and it's

**\$41.5M**

How much the province spent on the ferry service over two years. METRO

time to come clean," said d'Entremont.

He said the passing of the 45-day deadline without concrete information on the service gives people the right to be concerned.

THE YARMOUTH VANGUARD

## COURT

### Man's crimes catch up

A series of convictions have finally made their way through the court system almost 20 years after the crimes were committed.

William "Willy" Arthur MacDonald, 54, of Simpson's Lake appeared in Amherst provincial court this week and pleaded guilty to charges of assault and damaging private property stemming from a Nov. 9, 1998 incident in Springhill.

MacDonald also used the court appearance on Monday to plead guilty to a 10-year-old charge of failing to appear in court in 2006.

For his crimes, MacDonald was handed 30 days' custody for the 2006 charge and an additional 30 days' consecutive custody for the 1998 charges, less 18 days for the time he served waiting to appear in court following his recent arrest.

A review of MacDonald's criminal record provided to the courts by RCMP revealed a past that started running afoul with the law in the late 1970s and that continued into the 1980s with charges of break and enter, theft and public mischief.

Before the 1998 incidents, MacDonald was sentenced to two years' federal custody at Springhill Institution for a Moncton, N.B. break and enter.

While on the lam, MacDonald's run-ins with the law continued in Alberta where he was charged in 2001 for obstruction, assault and failing to appear in court, and then again in 2007 in Sault Ste. Marie, Ont., where he was charged with possession of stolen property.

RCMP apprehended William MacDonald before Christmas following a tip he had returned to the area.

TC MEDIA

## FEDERAL APPOINTMENT

# George Elliott Clarke named poet laureate

George Elliott Clarke, a much-honoured Nova Scotia writer, has been named the country's seventh parliamentary poet laureate.

He succeeds Michel Pleau, whose two-year term ended Dec. 31.

Clarke's appointment was announced jointly by Senate Speaker George Furey and Commons Speaker Geoff Regan.

The appointment was recommended by a selection committee chaired by parliamentary librarian Sonia L'Heureux and composed of Guy Berthiaume,

the librarian and archivist of Canada, Official Languages Commissioner Graham Fraser and Pierre Lassonde, chair of the Canada Council for the Arts.

Clarke won the 2001 Governor General's Award for Poetry for his book, *Execution Poems*.

He is also an accomplished playwright and literary critic and is an officer of the Order of Canada.

"George Elliott Clarke has been a true ambassador of the work of Canadian poets," Furey said in a statement. "His con-

tribution to Canada's cultural fabric is exceptional."

Regan called him a versatile and engaging writer who "will bring great honour to the position."

Clarke is a seventh-generation Canadian of African-American and Mi'kmaq heritage, whose work has explored the African experience in Canada.

Parliament established the post in 2001 to draw attention to the reading and writing of poetry.

The poet laureate's duties include composing poetry for use

**"I'm humbled and honoured, inspired and eager."**  
George Elliott Clarke

in Parliament on occasions of state, sponsoring poetry readings, advising the parliamentary librarian on the library's cultural collection and related duties at the request of the two Speakers or the librarian.

THE CANADIAN PRESS



George Elliott Clarke is a renowned Nova Scotia writer.

THE CANADIAN PRESS FILE PHOTO





STUDY

## At least 2,250 vets homeless

For what's believed to be the first time, the federal government has estimated how many of Canada's homeless are former soldiers.

The March 2015 study by Employment and Social Development Canada estimates that 2,250 former soldiers use shelters regularly, about 2.7 per cent of the total homeless population that uses temporary lodging.

The report, which comes from a database that tracks 60 emergency shelters across the country, noted that the data does not capture the number of veterans who do not use shelters.

Researchers found that veterans who end up homeless tend to be older than non-veterans in the same circumstances. The average age of homeless veterans is 52, compared with 37 in the general population.

"Interestingly, there is a particularly high rate of episodic homelessness among female veterans," said the report.

THE CANADIAN PRESS

# Barn fire kills more than 40 racehorses

ONTARIO

## Like losing a child, says one trainer who lost 7 animals

The deaths of 43 racehorses in a massive barn fire is more than just a professional catastrophe — it's akin to losing members of a family, one trainer said Tuesday.

Dan Lagace was working with seven horses that were

being housed at the Classy Lane Stables in the southern Ontario town of Puslinch, about 20 kilometres south of Guelph. All of his animals and three dozen others perished Monday night in a blaze that could only be subdued through the efforts of 50 firefighters from multiple communities.

"It's almost like losing a child," the 38-year-old said.

Lagace said the blaze also represents a devastating professional setback. He said he has virtually nothing left, since equipment amassed over years

was also destroyed in the fire.

The economic impact extends well into the close-knit, horse-oriented community, said Classy Lane co-owner Jamie Millier. Grooms, veterinarians, blacksmiths and other professionals involved in the industry will be feeling the effects of the equine deaths for months to come, he said.

Millier had been vacationing in Florida when he got word of the fire and hastily flew back to Canada. He said 43 horses were in the barn when the fire broke out. The death toll

would have reached 45, but two other horses normally housed in the barn were out at races at the time.

The fire broke out on a night when temperatures dipped as low as -20 C.

Local crews responded quickly, but found the barn fully engulfed in flames once they arrived on scene.

Puslinch's fire chief Steven Goode said the wintry weather caused hose lines to keep freezing up and created challenging road conditions.

THE CANADIAN PRESS

**1 Tributes** — Neighbour Madison Ross, 15, hangs ribbons, flowers and a stuffed pony she brought from home on a fence at Classy Lane Stables. Forty horses died during an overnight fire at the stables near Guelph, Ont.

TORSTAR NEWS SERVICE

**2 Fighting the inferno** — Firefighters work to bring a blaze under control at the Classy Lane Stables, in Puslinch, Ont., on Tuesday.

ANDREW COLLINS/  
THE CANADIAN PRESS

**3 All that remains of the barn** — Firefighters walk past the destroyed the Classy Lanes Stables on Tuesday.

HANNAH YOON/  
THE CANADIAN PRESS

## IN BRIEF

### Cities opposed homeless count, data show

The federal government is moving ahead this month with a nationally co-ordinated count of homeless people, despite opposition from cities. Cities complained they wouldn't have enough time to get resources in place to count every homeless person during one 24-hour period, and that a count in January would skew results as the cold would drive more people indoors. THE CANADIAN PRESS

ROYAL CANADIAN NAVY

## Breach due to 'imprudence'

An alleged security breach at one of the Royal Canadian Navy's most sensitive security operations was the result of imprudence, not malice, says the navy's commander on the Atlantic coast.

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Military police in Halifax allege that between 2004 and

## + DRIVE

### 1,086 secret documents

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THE CANADIAN PRESS

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Terms:	Ten per cent (10%) deposit payable to "BOYNECLARKE LLP "in trust" by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.	
Signed November 27, 2015		
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# 'We are better than this'

## UNITED STATES

### Expanded background checks among planned steps

Tears streaking his cheeks, President Barack Obama launched a final-year push Tuesday to tighten sales of firearms in the U.S., using his presidential powers in the absence of tougher gun restrictions that Congress has refused to pass.

The president struck a combative tone as he came out with plans for expanded background checks and other modest measures that have drawn consternation from gun rights groups, which Obama accused of making Congress their hostage. Palpable, too, was Obama's extreme frustration at having made such little progress on gun control since the slaughter of 20 first-graders in Connecticut confronted the nation more than three years ago.

"First-graders," Obama said woefully, resting his chin on his hand and wiping away tears as he recalled the 2012 massacre at Sandy Hook Elementary School. "Every time I think about those kids, it gets me mad."

Obama's 10-point plan to keep guns from those who shouldn't have them marked a concession by the president: He'll leave office without securing the new gun control laws he's repeatedly and desperately implored Congress to pass.

Although Obama, acting alone, can take action around the margins, only Congress can enact more sweeping changes that gun-control advocates say are the

only way to truly stem a scourge of mass shootings.

The centerpiece of Obama's plan is an attempt to narrow the loophole that exempts gun sales from background checks if the seller isn't a federal registered dealer. With new federal "guidance," the administration is clarifying that even those who sell just a few weapons at gun shows, flea markets or online can be deemed dealers and required to conduct checks on prospective buyers.

Whether that step can make a significant dent in unregulated gun sales is an open question, and one not easily answered.

Millions of guns are sold annually in informal settings, including many through private sales arranged online. But the Obama administration acknowledged it couldn't quantify how many gun sales would be newly subjected to background checks, nor how many currently unregistered gun sellers would have to obtain a license.

Easily reversible by a future president, the guidance to gun sellers lacks the legal oomph of a new law, such as the one Obama and like-minded lawmakers tried but failed to pass in 2013. The Justice Department said the guidance "has no regulatory effect."

What's more, none of the steps would have probably prevented any of the recent mass shootings that Obama invoked in the East Room: Aurora, Oak Creek, Charleston, Newtown, to name some. But Obama defiantly rejected that critique, dismissing it as the tired trope of gun lobbyists who question "why bother trying?"

"I reject that thinking," Obama said. "We maybe can't save every-



Barack Obama gets emotional as he delivers a statement on executive actions to reduce gun violence. JIM WATSON/AFP/GETTY IMAGES

body, but we could save some."

Hoping to give the issue a human face, the White House assembled a cross-section of Americans affected by searing recent gun tragedies, including former Rep. Gabrielle Giffords. Mark Barden, whose son was shot to death at Sandy Hook Elementary School, introduced the president with a declaration that "we are better than this."

Obama conceded the steps will be challenged in court, a prediction echoed by Republicans. Hillary Clinton and Bernie Sanders pledged to build on his actions if elected. The Republican field formed a chorus of voices vowing to annul the whole package, with Marco Rubio claiming "Obama is obsessed with undermining the Second Amendment."

THE ASSOCIATED PRESS

**It won't happen overnight. It won't happen during this Congress.... But a lot of things don't happen overnight.**

## HIGHLIGHTS

### What will change

#### 1 Expanded background checks

Anyone who's in the business of selling guns must obtain a licence, regardless of whether they sell firearms online or at gun shows, and must conduct background checks on their customers. The government is also finalizing a rule to require checks for those who try to buy sawed-off shotguns, machine-guns and similar weapons through a trust, corporation or other legal entity.

#### 2 More FBI examiners

The FBI will hire more than 230 more staff to help process background checks. The National Instant Criminal Background Check System in 2015 received more than 22.2 million background check requests. The FBI is also working to modernize NICS and improve the response time for alerting local law enforcement authorities that someone who is disqualified from buying a gun attempted to do so.

#### 3 Lost and stolen weapons

A dealer shipping a gun is responsible for notifying law enforcement once it determines it was lost or stolen in transit.

#### 4 Smart gun technology

The departments of Defence, Homeland Security and Justice have been directed to conduct or sponsor research into smart gun technology aimed at reducing the risk of accidental gun discharges and improving the tracing of lost or stolen firearms.

#### 5 Mental health

The White House is proposing a \$500 million investment to improve mental health care.



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## CIVIL WAR

### Syria's north short on food, medicine

Pro-government fighters recently evacuated from two besieged villages in northern Syria described harsh conditions there with scarce food and medicine, saying some residents are eating grass to survive and undergoing surgery without anesthesia.

The villages of Foua and Kfarya have been under siege for more than a year, but the situation has worsened since September. That's when insurgents captured a nearby air base where helicopters used to take off and drop food to about 30,000 people in the mostly Shiite area.

"Our life was catastrophic," said Hussein Mahdi Kazem, a 16-year-old wounded fighter, from a hospital bed in Beirut.

But the two villages are not alone in suffering. Both sides



Hani Ali Hassan was evacuated from Foua to Beirut. THE ASSOCIATED PRESS

have used siege tactics as a way of getting an area under control. In retaliation for the siege, activists say troops and members of Hezbollah have taken measures against a Sunni area of about 40,000 people near the Lebanese border. THE ASSOCIATED PRESS

## IN BRIEF

### 36 migrants killed on sea

Authorities recovered the bodies Tuesday of at least 36 migrants, including children, who drowned off Turkey after their boats overturned in rough waters as they tried to reach the Greek island of Lesbos, officials and news reports said. Twelve others were rescued. THE ASSOCIATED PRESS

### Iran criticizes Saudi Arabia

Iran's president Hassan Rouhani said on Tuesday that Saudi Arabia cannot "cover up" its crime of executing a leading Shiite cleric by severing diplomatic relations with the Islamic Republic, even as Saudi's allies began limiting links to his country. The president's comments came as Kuwait announced it recalled its ambassador to Iran. THE ASSOCIATED PRESS



# Top economists see a bumpy year ahead

## ECONOMY

### Oil and loonie unlikely to rebound soon, experts say

Canada's economy, much like its weather, started the New Year in a deep freeze. And while warmer times lie ahead, the growth rate in 2016 is likely to be tepid at best.

That was the consensus of the top chief economists at Canada's largest banks at the annual Economic Club of Canada forecast session in Toronto on Tuesday.

**Oil prices:** Slower growth in China, turmoil in the Middle East, and a market-share price war between the U.S. and Saudi Arabia-led OPEC mean oil prices are unlikely to regain their recent lofty highs any time soon, Scotiabank's



The country's top economists kick off the New Year with a forecasting session in Toronto. TORSTAR NEWS SERVICE

Warren Jestin said. Even if oil prices rebound to \$60 US a barrel from below \$40 today, it won't be enough to reinvigorate investment in Canada's energy sector, he said.

**The Canadian dollar:** Closely tied to demand for oil, the Canadian dollar fell 16 per cent in 2015, its second-worst year on

record. Economists now expect the loonie to fall below 70 cents US this year, likely by mid-March, as the U.S. dollar strengthens on hikes in the U.S. Federal Reserve's interest rate. However, investors shouldn't expect a dramatic recovery in the loonie even if oil prices move off their current lows, Avery Shenfeld, chief

Scotiabank's Warren Jestin says oil prices are unlikely to regain their lofty highs any time soon. TORSTAR NEWS SERVICE

economist, CIBC World Markets, cautioned.

**The housing market:** Calgary house prices, dragged down by the sagging energy sector, could fall a further 5 to 10 per cent in 2016, said Doug Porter, chief economist with Bank of Montreal Financial Group. Vancouver and Toronto house prices, the highest in the country, will face "some kind of correction in the next five years," Porter predicts. For the rest of Canada, he's predicting a soft landing. The Bank of Canada's ultra-low interest rates are unlikely to change in 2016, he added. TORSTAR NEWS SERVICE

## SELF-DRIVING CARS

### S. Korea university tests driverless taxi

A South Korean university is testing a sedan that can pick up and transport passengers without a human driver, giving a glimpse into the future of autonomous public transport.

Seo Seung-Woo, director of the Intelligent Vehicle IT Research Center at Seoul National University, said the university has been testing the driverless taxi to transport disabled students around campus.

The vehicle, called Snuber, has been navigating the 4,109 square metre campus for the past six months without any accidents. It works in conjunc-

tion with a hailing app created by the university.

Companies around the world are betting that automated driving technology will transform public transportation.

In Japan, Robot Taxi Inc. plans to offer a full commercial service in 2020. In Greece, driverless buses called CityMobil2 have been tested in real traffic. General Motors said Monday it is investing \$500 million US in ride-hailing company Lyft Inc. and forming a partnership that could eventually lead to on-demand, self-driving cars.

THE ASSOCIATED PRESS

## market minute

\$	<b>DOLLAR</b>
	71.48¢ (-0.25¢)
TSX	<b>TSX</b>
	12,920.14 (-7.01)
🔥	<b>OIL</b>
	\$35.97 US (-79¢)
🏠	<b>GOLD</b>
	\$1,078.40 US (+\$3.20)

**NATURAL GAS:** \$2.325 US (-0.9¢)  
**DOW JONES:** 17,158.66 (+9.72)

## IN BRIEF

### Workers denied bathroom breaks to get \$1.75M

A Pennsylvania company, American Future Systems Inc., that publishes business newsletters will pay about \$1.75 million US to 6,000 employees who had to clock out while going on short breaks, including for the bathroom.

THE ASSOCIATED PRESS



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## URBAN ETIQUETTE ELLEN VANSTONE



### THE ISSUE

## How do I cut my homophobic friend out of my life?

Dear Ellen,  
I made a mistake of letting someone back into my life. This person had been a close friend for years, but our friendship quickly turned to turmoil after she burst into my home and told me how "disgusting" and "sinful" I was being with my choice of (same-sex) partner. She yelled and demanded that I end (either) my relationship or the friendship.

I feel that my choice in ending my friendship was a strong one, and cut the friendship that was full of homophobia.

Recently, I agreed to meet her for coffee to give her a chance to apologize. I have been told I'm too nice and give too many chances for forgiveness.

This is correct, as she just came full circle again; instead of confronting me with her disgust for my relationship, she went to friends we have in common.

I don't want to confront this person face to face, as I feel it would end with a few choice words of my own. But at the same time, I'd like to make it clear that this person no longer has a place in my life.

What should I do?

J.C.

Halifax

Dear J.C.,

I love how you say, "I feel that my choice in ending my friendship was a strong one, and cut the friendship that was full of homophobia."

**Good manners are never more important than with the people we are close to.**



That wasn't just a "strong" choice, my friend. It was the absolutely correct one by any standard. The person you had this "friendship" with is not a friend. She does not understand or accept who you really are. And her manners — what with the homophobia and bursting into homes to yell at people — are deplorable. Good manners are never more important than with the people we are close to, and she failed big time.

Notwithstanding your careful wording, your thinking does get fuzzy when you say "instead of confronting me with her disgust for my relationship, she went to friends we have in common."

Of course it's wrong of her to criticize you and/or your sexual orientation to friends behind your back. But why would you expect her to confront you about it again?

She already did that. There's nothing more to be said.

Frankly, it makes sense that you have no desire for another confrontation. You'd be breaking no rules of etiquette if you directly expressed your anger and disappointment to her, as long as your mode of expression was below 60 decibels and didn't contravene any sections of the Criminal Code. But you don't owe her anything. Judging by her backstabbing behaviour, she already knows how you feel.

As for your worries that you are "too nice" and "give too many chances for forgiveness," don't worry. There's no such thing as being "too nice"; it's just code for being a doormat, which you are not. And giving someone a chance for forgiveness doesn't necessarily require contact. She's perfectly wel-

come to go into counselling about her pathologically destructive homophobia, shower you with abject letters of apology, say extravagantly nice things about you behind your back to friends and send you flowers every week for a year, at which point any self-respecting person might consider forgiveness and renewed friendship.

In the meantime, cut her off completely. If you run into her, be as polite as you can, but decline to engage or open the door to further contact unless or until she earns it from afar. Remember, the less you say, the better.

Actions speak louder than words, and never more eloquently as when you take no action at all.

**Need advice?**  
**Email Ellen:**  
scene@metronews.ca

## ROSEMARY WESTWOOD

### metroview

## What I hope gentrification won't paint over

I've been walking by the same window for three years. It's nondescript, sans signage, but always frames a painting; an inexplicable art window in between bars and boutiques on one of Toronto's overly hyped strips: Ossington Avenue.

I considered the window one of those oddities you find in any city, and until this weekend, never bothered to solve the mystery. Perhaps, I thought, an anonymous philanthropist was resisting commercialization and warp-speed gentrification — of the kind felt in any big city — by injecting a hit of art.

This weekend, the window held a field of poppies, crimson and dancing against a turquoise sky. On a grey day with a -22 C wind chill, I finally decided to figure it out.

It turns out Christian McLeod of 89 Ossington Ave. is a 46-year-old painter, and his live/work space is an echo of what the street used to be: cheap, deemed dangerous and undesirable, marked by car parks, a home reno store, an elevator mechanic's shop and other studios.

That was 10 years ago, and McLeod is among the holdouts, along with a cigar manufacturer and a dive bar. Places that put change into perspective, while they last — a synagogue in Chinatown, say — and are all the more valuable for it.

A French lady used to run a

sandwich-and-soup shop open for just three hours a day.

"You'd go up there one day and there'd be a sign: 'Gone to Paris, back in two weeks.'"

"It was quiet, it was almost abandoned," he says.

Due to residential zoning, McLeod's rent has stayed low. His new neighbours? "They're paying \$7,000 a month for some of these storefronts."

Zoning also means he can't hang signs to advertise his studio, but he's always hung a painting.

"If you had told me five years ago that people are going to be standing in line to buy ice cream, I would have said, 'You're nuts,'" McLeod says.

And as the foot traffic has picked up, he's begun to leave his door open on warm weekends.

Neighbours who've researched the area's history figure his is one of the oldest houses on the street. They discovered an artist lived in his exact space in the 1860s, he says. But McLeod is well aware that he may be its last occupant. Some day soon, he expects the landlords to flip the switch, and condos will rise.

"It's their property. They've been so good to me," he says. "It's just business."

I tell McLeod I don't know why I waited so long to learn the story of one of my favourite windows. I'm lucky it wasn't too late.

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Check out #RichardSapper on Instagram for creative tributes to the acclaimed designer of the Tizio lamp, IBM ThinkPad, who died last week

## 'Tis the series premiere season

### TELEVISION

#### New year, new episodes of 10 beloved TV shows

**Brian Gasperek**  
For Metro Canada



#### Downton Abbey (Now airing)

This year marks the beginning of the end for one of the greatest Brit TV dramas of all time. The Crawleys return to PBS for a sixth and final season of Downton Abbey, which began airing Jan. 3. The final season has been airing in the U.K.

since the fall... but of course you've been patient and download-free, right?



**Megan Fox** steps into New Girl's awkward shoes.



Season 11 of It's Always Sunny in Philadelphia premieres tonight on FXX. ALL PHOTOS CONTRIBUTED/GETTY IMAGES

#### The Bachelor (Now airing)

One of TV's greatest guilty pleasures, The Bachelor, brought its addictive blend of romance, drama and superficiality back into our living rooms on Monday. This time around, two-dozen women are battling it out for the affection of Bachelorette finalist and fan favourite, Ben Higgins.

#### New Girl (Now airing)

It's hard to believe that four seasons of New Girl are already

in the can, but alas, the fifth kicked off last night. To start the season, fans witness Megan Fox temporarily filling in for Zooey Deschanel as the show's female lead, as Deschanel took time off to be a new mom.

#### It's Always Sunny in Philadelphia (Tonight)

As we saw from its ridiculously awesome '80s ski-movie parody trailer, It's Always Sunny is finally back tonight. And although Season 11 won't likely

feature any action on the slopes, we can't wait to see the gang back together.

#### American Idol (Tonight)

The 15th and final season of American Idol also starts this evening. If you gave up on the show years ago, you may want to tune back in for what's sure to be an epic last run. Along with host Ryan Seacrest, Harry Connick Jr., J-Lo and Keith Urban are returning as the show's final judges. It's going to be so big

that even Kanye auditioned.

#### Shameless (Jan. 10)

On Jan. 10, the most hilariously dark and dysfunctional family on TV today, the Gallaghers, are back for a sixth season. If for some reason you haven't watched the

American version of Shameless yet, you really need to get on it.

#### Workaholics (Jan. 14)

Stoners rejoice. Adam, Blake and Anders, our favourite doofus telemarketers, are back for a new season of Workaholics, starting Jan. 14. Judging by its brain-melting, acid trip of a trailer, the new season looks like it's going to be the weirdest one yet.

#### Agent Carter (Jan. 19)

The awesome Peggy Carter is taking her superhero butt-kickings to the West Coast for Season 2 of Agent Carter, which begins on Jan. 19. This time around, Carter will have her hands full with L.A.-based atomic age threats in the wake of the Second World War.

#### Portlandia (Jan. 21)

The hilarious duo of Fred Armisen and Carrie Brownstein are getting set to unleash 10 more hipster-ribbing episodes of Portlandia starting on Jan. 21. We're pulling for more Peter and Nance in Season 6.

#### The X-Files (Jan. 24)

The most highly anticipated premiere of the New Year is the return of The X-Files. Mulder and Scully are back to fight aliens and search for the truth in the six-episode mini-series that begins on Jan. 24. We're pumped!

**Gillian Anderson** in The X-Files.



### JOHANNA SCHNELLER WHAT I'M WATCHING

## UnREAL gets real about the clichés of romance

**THE SHOW:** UnREAL, Season 1, Episode 9 (Lifetime)  
**THE MOMENT:** The Proposition

Rachel (Shiri Appleby) is a producer of Everlasting, the Bachelor-like show within this show. Adam (Freddie Stroma) is her star, minor British royalty who wants only to promote his family's businesses. Rachel's boss Quinn (Constance Zimmer) expects Adam to propose to a contestant. But Adam and Rachel are sleeping together, and now

he's entreating her to quit the show with him. "You could work yourself into spinsterhood like Quinn," he says, "or you can run away with me. I can show you the world."

Hearing the word "spinsterhood," followed by the quote from Disney's Aladdin, I finally got what UnREAL is up to. It purports to be a juicy exposé of how fake "reality romance" is. Meanwhile, it's been lulling us into caring about Rachel's romantic fate. But surprise — the whole

thing is a bait and switch. Rachel's love story is as false as the contestants'. Love itself is the con. Clever!

Sure enough, one minute into the next episode, Adam dumps Rachel. In the rain. Every cliché is upended. The handsome prince is a

cad. It's happily never after. "The audience needs to believe it's real," Quinn says. How embarrassed we are to be caught out.

To drive the point home, the season finale ends with two people saying, "I love you" to one another. Just not the two you'd expect. And they probably don't mean it.

**EXPOSING EXPECTATIONS**  
Series creator Marti Noxon makes us realize how ingrained our expectations are, that a show with a female hero will conform to romantic conventions.



Shiri Appleby stars as Rachel in Lifetime's UnREAL. CONTRIBUTED



## BOOK EXCERPT WINTER CABIN COOKING BY LIZZIE KAMENETZKY

## Gnocchi with wild mushrooms



There is something undeniably comforting about little pillows of potato gnocchi. When cooked properly, they should be tender and fluffy rather than dense and heavy. Serves 4-6

**Ingredients:**

- 1lb. 2oz. even-sized small floury potatoes, such as Maris Piper/Yukon Gold, unpeeled
- 2/3 cup 00 flour, plus extra to dust
- freshly grated nutmeg
- 1 egg, beaten
- 2 Tbsp unsalted butter
- 1 tsp olive oil
- 2 banana shallots, finely chopped
- 2 garlic cloves, crushed
- 11 oz. wild mushrooms, cleaned and sliced if large
- 1/3 cup dry white wine
- scant 2/3 cup double/heavy cream
- small handful of fresh parsley leaves,
- chopped fine sea salt and ground black pepper freshly grated Parmesan, to serve

**Directions:**

Cook the potatoes, whole in their skins, in boiling salted water for 25 minutes until they are tender. Drain the potatoes and, once cool enough to handle, peel the skins off and mash the flesh using a potato ricer or by pushing it through a sieve/strainer so it is lump-free and fine.

Put the flour, 1 teaspoon salt and a little nutmeg into



a bowl and add the potato, mixing with the blade of a knife.

Make a well in the centre,

add the beaten egg and mix together until well combined. Bring together with your hands but don't knead or you could make your gnoc-

chi tough.

On a lightly floured surface, roll out the dough into sausage shapes, about 1/2 inch

wide, then cut into 1/2 inch pieces. Use the tines on the back of a fork to roll the gnocchi, giving them the characteristic ridges. Put on a floured baking sheet and chill until you are ready to cook. (You can cook them now or chill for up to 24 hours.)

Make the sauce. Melt the butter in a pan and add the oil and shallots. Cook for 10 minutes until softened and tender.

Add the garlic and fry for a further 30 seconds then add the mushrooms. Increase the heat and fry for 10 minutes until they are golden brown.

Add the wine and bubble for a minute. Add the cream, a splash of boiling water to loosen it a little and plenty of salt and pepper, then stir in most of the parsley. Bring a pan of salted water to the boil and add the gnocchi. They are cooked once they float to the surface, about 1-2 minutes.

Scoop out with a slotted spoon and divide among warmed serving bowls. Warm through the sauce and spoon over the gnocchi. Scatter with the remaining parsley and serve.

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NASSIMA ROTHACKER/WINTER CABIN COOKING



## RECIPE

## Celeriac and parsnip velouté

I adore velouté, which means 'velvety' in French. It is smooth and creamy and, well, like velvet in the mouth. A big bowl of steaming velouté will cling enticingly to your bread as you dunk it.

**Ingredients**

- 1 celeriac (about 500 g/1lb. 2oz.),
- scrubbed 2 parsnips (about 350 g/12 oz.),
- scrubbed 2 small onions, 1 halved and 1 finely chopped
- 2 garlic cloves,
- crushed 5 fresh thyme sprigs
- 100 g/scant 1/2 cup unsalted butter
- 100 g/3/4 cup cooked peeled chestnuts
- 100 ml/scant 1/2 cup whole/full-fat milk
- 2 tablespoons Madeira
- a squeeze of lemon juice

- sea salt and ground black pepper
- double/heavy cream, to serve

**Instructions**

Peel the celeriac and parsnip (reserving the peel) and finely chop the flesh.

Put the peel and 100 g/3/4 oz. of each vegetable into a pan with the halved onion, the garlic and half the thyme.

Add 1.2 litres/5 cups water and simmer gently for 30 minutes. Strain the stock.

Heat the butter in a pan, add the finely chopped onion and fry for 10 minutes until soft.

Add the remaining parsnip and celeriac, the chestnuts and the remaining thyme.

Add the stock and milk and simmer for 20 minutes until the vegetables are tender. Strain, reserving the liquid and then whiz the solids in a blender until smooth (you will get a smoother soup this way than if you blend in the pan with a hand blender).

Return the puréed vegetables to the pan through a sieve/strainer and add enough of the cooking liquid to form a rich velouté.

Season to taste and add the Madeira and a little squeeze of lemon.

Bring back to a simmer then serve with a good swirl of double/heavy cream.

EXCERPT FROM LIZZIE KAMENETZKY'S WINTER CABIN COOKING



# Some holiday leftovers are best left uneaten

## FOOD SAFETY

### Can you eat it? Experts explore the dangers

If your post-holiday leftovers are calling your name, reconsider.

Remember: the “best before” dates on your food items don’t apply once you’ve opened them.

If your kitchen is often brimming with leftovers, consider turning your refrigerator temperature down. They’ll last longer. Turn the dial lower than the typical 4 C, around 1-4 C. This will slow down the growth of harmful pathogens.

We canvassed industry food and nutrition experts for advice on some food items you might be tempted to eat a few days later.

#### An open carton of chicken stock

**Verdict:** Use within three to five days.

“There are legit ‘don’t get sick’ rules and then there are ‘how far

can I push it?’ rules,” says Theresa Albert, a Toronto nutritionist and food consultant who also writes for Metro. “We have to move food through the danger zone as quickly as possible.” For chicken stock, you should play it safe and use within 3-5 days.

“If it was homemade chicken stock it would be less,” Albert says, noting that carton of chicken stock is higher in preservatives such as sodium.

Here’s a tip: use half the carton when you open it and freeze the other half.

#### Cooked turkey or chicken

**Verdict:** Use within three days or freeze.

You know that five-days-in-the-fridge smell? That’s spoilage.

“I probably wouldn’t use it up to a week past,” says Brita Ball, food safety consultant and adjunct professor at the University of Guelph. “When you’re getting to the fifth day you can start to smell a little bit of spoilage happening.”

Ball suggests freezing leftovers

immediately. “The sooner you freeze them, the better.” You could also recook the meat to kill off some of the “spoilage organisms,” which aren’t harmful. It’s the pathogens like salmonella you need to worry about.

#### Hummus left on the counter overnight

**Verdict:** Toss it or heat it up.

Jeffrey Farber, former director at Health Canada and current food science professor at the University of Guelph is quick to call this a big “no-no.”

“That type of product which is left out overnight, you never know,” he says. Farber is also wary of suggesting you use the hummus in cooking. As is Ball: “I don’t like to waste food, but I would throw it out, absolutely,” she says. She wouldn’t even cook with it. “Once it’s out on the counter, I have no idea what pathogens might be in there.”

Nutritionist Albert suggests it’s best to toss it if the hummus is mayo or yogurt based. She wouldn’t spread it on toast, but

might use it to thicken a soup or gravy.

#### Slow cooker chili with cooked ground beef, left on counter for 8 hours without power

**Verdict:** Toss it.

Don’t treat food safety like a game. “It could be the game of your life,” says Albert. If you forgot to turn the slow cooker on, start from scratch. “Ground beef is one of the highest risk foods. There’s just far too many opportunities for the beef to be contaminated.”

The standard is two hours of meat on the counter before it becomes a “food safety risk,” says Ball. “People waste food and they don’t need to. It’s OK to use food past the best before date, because that’s a food quality issue.” But food safety is different, she advises. This one’s a no-brainer.

TORSTAR NEWS SERVICE



When leftovers start piling up in your fridge, don’t treat food safety like a game. “It could be the game of your life,” one expert says. ISTOCK

## ROSE REISMAN THE SAVVY EATER THIS WEEK: Salad Dressings

### PICK THIS

#### Renee’s Greek Yogurt Cucumber and Dill Dressing

Portion 4 Tbsp  
Calories 160  
Fat 14 g



### SKIP THIS

#### Renee’s Mighty Caesar Dressing

Portion 4 Tbsp  
Calories 320  
Fat 32 g



### HERE’S WHY

#### Equivalent in fat to a Burger King Double Stacker (two beef patties, cheese, bacon, Burger King Stacker sauce and sesame seed bun).

With the start of a new year, health and wellness are top of mind for many. Salads are what we all think is the silver bullet to weight loss in January — but beware! Those greens and other veggies are innocent, but look closely to what you’re pouring over top. The Mighty Caesar dressing is made primarily from oil, eggs and cheese, giving you excess calories and about half your daily fat — which is equivalent to a double cheeseburger! In comparison, the Cucumber & Dill dressing is much lighter and healthier, with the first ingredient being Greek yogurt.



## RECIPE

# Party with grits and sweet taters

This crowd-pleasing Grits and Sweet Potato Casserole (which can be served as a breakfast dish) is adapted from Thug Kitchen: Party Grub cookbook. It’s hard to find stone-ground white grits (boiled, coarsely ground corn or hominy) outside of the United States. Try Bob’s Red Mill organic, whole-grain, stone-ground cornmeal at the supermarket.

Makes 6 to 8 servings

### Ingredients:

- 3-1/2 cups vegetable broth or water
- 3 cups almond or other non-dairy milk
- 1-1/2 cups stone-ground white grits or medium/coarse cornmeal
- 1/4 tsp kosher salt
- 1/4 cup nutritional food yeast (flakes or powder)

### Casserole:

- 1 Tbsp extra-virgin olive oil
- 1 medium yellow onion, halved, thinly sliced
- 1-1/2 cups grated, peeled sweet potato
- 1 medium zucchini, grated
- 1 red bell pepper, chopped
- 2 cups packed baby or chopped spinach

- 2 large cloves garlic, minced
- 1 Tbsp tamari or soy sauce
- 1 tsp paprika
- 1/4 tsp each: chili powder, black pepper
- 1 Tbsp fresh lemon juice
- 1 Tbsp vinegary hot sauce, such as Tabasco + more for serving
- 1/2 cup almond or other non-dairy milk
- 1/4 cup nutritional food yeast (flakes or powder)

grits or cornmeal and salt. Bring to boil. Reduce heat to low. Cover; simmer until grits have absorbed most of the liquid and are tender, about 25 to 35 minutes depending on what type you use. Stir in nutritional yeast.

**2.** Meanwhile, for casserole, in large, non-stick skillet, heat oil over medium. Cook onion, stirring, 5 minutes. Add sweet potato, zucchini and bell pepper. Cook, stirring, 5 minutes. Add spinach, garlic, tamari or soy, paprika, chili and black pepper. Cook, stirring, 2 minutes. Stir in lemon juice and 1 tbsp (15 mL) hot sauce. Remove from heat.

**3.** Stir vegetable mixture into grits in pot. Stir in non-dairy milk and nutritional yeast. If you like, eat immediately as a thick porridge. Otherwise, transfer to greased, 9-inch by 13-inch casserole dish. To make ahead, refrigerate, covered, overnight. Otherwise, bake in preheated 350F oven until edges are golden, about 30 minutes.

**4.** Serve warm with extra hot sauce on side. TORSTAR NEWS SERVICE



### Directions:

**1.** For grits, in large saucepan, bring broth or water and non-dairy milk to a slow boil over medium heat. Slowly whisk in





## Take the middle road with the X1



### THE CHECKLIST 2016 BMW X1 XDRIVE 28I

#### THE BASICS

**Type.** Four-door, five-passenger compact SUV  
**Power.** Turbocharged 2.0-litre four-cylinder (228/258)  
**Transmission.** Eight-speed automatic  
**Price.** \$38,800 (base); \$50,040 (as-tested), plus destination

#### COOL FEATURES

- Head-up display
- Heated steering wheel
- Connection package with concierge service
- Collision mitigation with emergency braking
- Panorama sunroof
- Hands-free liftgate operation
- Touchpad infotainment input



MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO, OTHERS HANDOUT

#### POINTS

- The dash-mounted "tablet-style" infotainment screen keeps your eyes up at the windshield when you're looking at the system.
- The new design provides more headroom than before.
- Run-flat tires are standard equipment, but they can be swapped for regular all-season tires as a no-charge option.

#### MARKET POSITION

- The compact crossover/SUV is one of Canada's hottest markets, and many of the premium automakers are bringing out smaller models. The X1's redesign keeps its compact footprint but makes it roomier than before.

#### REVIEW

### New BMW crossover good for both city and country

Jil McIntosh  
For Metro Canada



Automakers often share vital components between their models, and that's what has happened with BMW's smallest crossover, its X1.

For 2016, it morphs into its second generation, with new styling and more interior space. But it now links with BMW's other brand, and shares its engine and driveline with the equally new Mini Clubman.

While it's still all-wheel drive like the previous X1, this newest model primarily works with its front wheels, sending power to the rear ones as needed for traction and stability on curves, acceleration, and slippery surfaces.

The new exterior design gives it more resemblance to the larger X3, while the roomy interior follows BMW's signature look. The styling is solid, but there's a lot of hard plastic on the dash that looks a bit cheap for the price.

My tester had optional sports seats that were very comfortable and supportive, along with sliding and reclin-

ing rear seats that fold almost flat for extra cargo space.

The X1's turbocharged 2.0-litre four-cylinder engine includes an auto start/stop system that shuts it off at idle, such as when you're waiting at a light, and automatically starts it again as soon as you take your foot off the brake.

It's smoother than many I've driven, but you can turn it off if you prefer.

This new engine actually makes a little less power than the previous generation, but you wouldn't know it by the feel behind the wheel.

The transmission is an eight-speed automatic that can be optioned to a performance version with paddle shifters, in a package that also adds a sportier steering feel.



**Steering response is quick, and the X1 handles beautifully.**

Steering response is quick, and the X1 handles beautifully. However, the ride is tuned for sports performance rather than luxury, and it's very firm.

The all-wheel system transmits power seamlessly between the front and rear axles. Although it's not really an off-road warrior, I've driven the X1 on a challenging course that it handled quite well, making it a feasible choice for those who spend weekdays on the asphalt, but like their weekends at the cottage and need something that can get them all the way there.

#### THE COMPETITION



**Mercedes-Benz GLA 250 4Matic**  
Base price: \$38,000



**Audi A3 Quattro**  
Base price: \$36,800



**Lexus NX 200t**  
Base price: \$41,950



Workers at the Wolfsburg plant assemble the Volkswagen Beetle. COURTESY VOLKSWAGEN

#### HISTORY

## Happy birthday bug! Beetle turns 70

In the days between December 25, 1945 and January 1, 1946 a little German car with an air-cooled engine at its rear and space for a family of four, rolled off the production line for the first time.

The Volkswagen Type 1, better known as The Beetle, went on to be one of the most important, iconic and biggest-selling cars of the 20th century and set the foundations on which its makers built one of the biggest car groups in the world.

However, if it hadn't been for the British military, the Beetle

and everything that has followed in its wake may never have been.

At the end of the Second World War, the military facility that had been building the Beetle's forerunner, the 'KdF-Wagen,' came under British control. And rather than shut it down, the military, under the leadership of one Senior Resident Officer Major Ivan Hirst, repurposed it for civilian production, undertook an initial order for 20,000 cars and preserved 6,000 jobs in the process. The idea was that the cars would be used by Allied forces stationed

in Germany and to begin with production was small-scale, just 1,000 cars a month. But spurred on by Hirst's vision and by the lifting of export restrictions plus currency stabilization, within three years the Beetle was on sale globally.

Dr. Manfred Grieger, Head of the Volkswagen Aktiengesellschaft Corporate History Department, describes Hirst as a "skillful pragmatist" who "gave the factory and the workforce a vision, motivating British military personnel and German workers alike to turn the lan-

guishing works into a successful market-driven business," he said. "He knew the qualities of the Volkswagen Saloon and was able to realize them on the road."

The Beetle ceased production on European shores in 1978 and global production ground to a halt entirely in 2003, by which time over 21 million had been produced. The car that replaced it, the VW Golf, has been twice as successful in terms of sales since production started, but such is the love for the old Beetle that VW decided to resurrect it as the "New" Beetle in 1997. AFP



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Because \$200 towards the purchase or lease of a new 2015 or 2016 Ford Focus, or \$750 towards the purchase or lease of a new 2015 or 2016 Ford Mustang (excluding 50th Anniversary Edition and Shelby) Taurus, Escape, Expedition, Transit Connect, E-Series, Super Duty, F-Series, F-150, F-250, F-350, F-450, F-550, F-650, F-750, F-850, F-950, F-1000, F-1500, F-2500, F-3500, F-4500, F-5500, F-6500, F-7500, F-8500, F-9500, F-10000, F-15000, F-25000, F-35000, F-45000, F-55000, F-65000, F-75000, F-85000, F-95000, F-100000, F-150000, F-250000, F-350000, F-450000, F-550000, F-650000, F-750000, F-850000, F-950000, F-1000000, F-1500000, F-2500000, F-3500000, F-4500000, F-5500000, F-6500000, F-7500000, F-8500000, F-9500000, F-10000000, F-15000000, F-25000000, F-35000000, F-45000000, F-55000000, F-65000000, F-75000000, F-85000000, F-95000000, F-100000000, F-150000000, F-250000000, F-350000000, F-450000000, F-550000000, F-650000000, F-750000000, F-850000000, F-950000000, F-1000000000, F-1500000000, 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Steve Nash and Phoenix Suns owner Robert Sarver have bought a controlling share of Spanish soccer club Real Mallorca

## Mooseheads turn tables

QMJHL

**This time, late rally ends in Herd win over Charlottetown**



**Zane Woodford**  
Metro | Halifax

After an overtime loss on Prince Edward Island Sunday night, the Halifax Mooseheads were more than happy to return the favour at home on Tuesday, beating the Charlottetown Islanders 6-5.

Like they did two nights earlier, the Herd rallied late in the third period to close a two-goal gap and send the game to overtime.

"The past couple games, we've shown we don't quit no matter what the score is," Mooseheads goalie Kevin Resop said after Tuesday night's victory at Scotiabank Centre.

Resop assisted on the game-winning breakaway goal by Mooseheads centre Joel Bishop less than two minutes into three-on-three overtime — after Otto Somppi tied the game in the dying seconds of the third.

"He's like Mr. Clutch right now," defenceman Cooper Jones said of Somppi, who finished with two goals and was the game's first star.

His game-tying goal came with just 13.2 seconds left in regulation time.

"He keeps putting in the important goals," said Jones, who



Charlottetown Islanders winger Keith Getson fires the puck at Mooseheads goaltender Kevin Resop during Tuesday night's game at Scotiabank Centre. JEFF HARPER/METRO

**"We always find a way to come back and I think that's a very good characteristic."**

Mooseheads goalie  
Kevin Resop

had his own goal to celebrate Tuesday night — his first in the QMJHL.

"I was just in the right place at the right time, but it felt good," he said of his marker.

Barrett Dachyshyn and Andrew Shewfelt rounded out the scoring for Halifax, which opened a five-game homestand Tuesday.

Carl Gervais, Mitchell Balmas, Keith Getson, Samuel Blais and Shawn Boudrais replied for the Islanders, who couldn't hang on to a 5-3 third-period lead, after watching Halifax comeback from 5-2 to force overtime on Sunday.

Blais said the Islanders need to simplify their game in the third period and hold onto leads.

"It's unacceptable to lose that game in overtime," he said.

The loss puts the Islanders at 15-20-3-2, and brings the Mooseheads to 14-20-5-1.



The Isles' Jonathan Duchesne, left, jousts with the Mooseheads' Vincent Watt. JEFF HARPER/METRO

### IN BRIEF

#### Avalanche add defensive depth in Bodnarchuk

The Colorado Avalanche bolstered their blue line by claiming defenceman Andrew Bodnarchuk on waivers Tuesday from Columbus.

The addition of Bodnarchuk, who is from Hammonds Plains, comes a day after Avalanche defenceman Erik Johnson suffered a lower-body injury in the second period of a win over Los Angeles.

Bodnarchuk played in 16 games for the Blue Jackets this season, with two assists. THE ASSOCIATED PRESS

#### Blackhawks overcome Penguins' late push

Artemi Panarin beat Marc-Andre Fleury 3:47 into overtime to lift the Chicago Blackhawks to a 3-2 victory over the Pittsburgh Penguins on Tuesday night.

Panarin finished with two goals, including the winner as Chicago fended off resilient Pittsburgh, which rallied from a 2-0 deficit behind goals from Sidney Crosby and Kris Letang.

THE ASSOCIATED PRESS

#### Flyers turn fortunes against Canadiens

Brayden Schenn had a goal and two assists to help the Philadelphia Flyers snapped a three-game skid with a 4-3 win over the Montreal Canadiens Tuesday night.

Wayne Simmonds, Shayne Gostisbehere and Sean Couturier also scored for Philadelphia.

THE ASSOCIATED PRESS



Finland's Kasper Kapanen, right, celebrates scoring the winning goal with teammates Vili Saarjarvi, left, and Joni Tuulola. RONI REKOMA/AFP/GETTY IMAGES

WORLD JUNIORS

## A thrilling Finnish for the gold medal

Kasper Kapanen scored a wrap-around goal in overtime as Finland rallied past Russia 4-3 on Tuesday to win the world junior hockey championship.

Patrik Laine, Sebastian Aho and captain Mikko Rantanen all scored in the third period as Finland staged a late comeback. Kaapo Kahkonen made 22 saves for the win.

"That's one of those goals that you always dream of," said Kapanen. "I guess dreams do come true."

Andrei Svetlakov scored twice for Russia and Vladislav

TUESDAY In Helsinki

4	3
FINLAND	RUSSIA

Kamenev had the other goal. Alexander Georgiev stopped 25 shots.

On the winner, Kapanen deked around two defenders, skated around the back of Russia's goal and threw the puck into a wide-open net as Georgiev failed to dive back into position.

"Everything's so blurry," said Kapanen when asked to describe the goal. "So excited and in shock at the same time."

It was Finland's fourth world junior title and second in the past three years.

"Very happy. Happy for the team, for the whole of Finland," said Rantanen. "We had an absolutely unbelievable crowd there and everyone was watching at home on TV."

Georgiev's start in net was a surprise after Ilya Samsonov's solid 26-save performance in Russia's 2-1 semifinal win over

### + BRONZE

Earlier in the day, Anders Bjork, Matthew Tkachuk and Ryan Donato each scored two goals as the Americans won bronze with an 8-3 win over Sweden.

the United States.

Many Canadian fans in attendance supported the host side even though the Finns eliminated Canada in the quarterfinals. THE CANADIAN PRESS



IN BRIEF

**Hall of Fame likely out of reach for Bonds, Clemens**  
Barry Bonds, Roger Clemens and other tainted stars of the Steroids Era appear likely to get a boost in Hall of Fame balloting, but not enough to enter Cooperstown this year.

Ken Griffey Jr. seems assured of election on the first try Wednesday, possibly with a record vote of close to 100 per cent. Mike Piazza, Jeff Bagwell and Tim Lincecum also were strong candidates to gain the 75 per cent needed for baseball's highest honour.  
THE ASSOCIATED PRESS

**Blue Jays bag Oakland right-hand reliever Leon**

The Toronto Blue Jays acquired right-hander Arnold Leon from the Oakland Athletics on Tuesday in exchange for cash considerations or a player to be named later. The 27-year-old reliever made his big-league debut with the Athletics last season, going 0-2 with a 4.39 earned-run average over 19 appearances.

He had a 2-5 record and 2.95 ERA over 20 appearances (six starts) with Triple-A Nashville last year.  
THE CANADIAN PRESS

**Rio stadium fires majority of staff ahead of Olympics**

Administrators of Rio de Janeiro's iconic Maracana stadium have fired 75 per cent of the staff ahead of the 2016 Olympics.

The arena is to be used for up to nine months by Games organizers, who are bringing in their own workers for that period. Maracana administrators that the layoffs aim to cut costs while the stadium is under Olympic control. They declined to say how many employees are affected.  
THE ASSOCIATED PRESS

# Ware and West filling in nicely

NFL

## Little-known running backs delivered when Chiefs needed

Nobody will ever confuse Spencer Ware or Charcandrick West for Jamaal Charles.

Ware is a former sixth-round pick who didn't play a game last season, and landed with the Kansas City Chiefs almost as an afterthought. West was an undrafted free agent out of tiny Abilene Christian who had carried the ball a handful of times before Charles was lost to a season-ending knee injury. It turns out the two of them together have been just as productive.

Forming a quintessential thunder-and-lightning combination, Ware and West have combined with the scrambling of quarterback Alex Smith to make the Chiefs one of the most productive running teams in the entire NFL. They're averaging nearly 130 yards per game, fourth-best in the league, even without the franchise's career rushing leader taking handoffs.

"It's nice to have a chance of pace," Smith said. "It's nice to have different guys to come in who have different strengths and different vision and give the defence a different look."

Neither of the

fill-ins had a carry when Kansas City beat Houston in their season opener, so the Texans will face a new challenge when the teams meet in their wild-card game Saturday.

Ware resembles a bowling ball, 230 pounds of muscle that will bruise and batter before going down. On one carry last week against Oakland, the former LSU star carried two defenders for extra yards even after brutalizing two other would-be tacklers.

West is more like a Ping-Pong ball, a jitterbug with an uncanny ability to ricochet around without losing inertia. Whereas his counterpart runs people over, West leaves them grasping at air.

"I feel like everybody isn't playing for selfish stats or stuff like that. Everybody's playing for each other," West explained, "and trying to accomplish that one big goal."

The Chiefs averaged less than 110 yards rushing in the four-plus games before Charles got hurt. In the 11 games since then, with West and Ware — and the scrambling of Smith

## + VS. CHARLES

While playing 15 games last season, Jamaal Charles carried 206 times for 1,033 yards and nine TDs. So far this season, Spencer Ware and Charcandrick West have combined for 232 carries and 1,037 yards with 10 touchdowns.

— Kansas City is averaging nearly 136 per game, and has gone over 150 yards rushing five times.

There are extenuating circumstances, of course.

Those first six opponents included five that made the playoffs, while the final 11 were primarily teams that finished in the bottom half of their divisions. The Chiefs also played from ahead during the majority of those games, allowing them to control the clock by keeping the ball on the ground.

"That's again where the coaching comes in," Texans coach Bill O'Brien said. "Coach (Andy) Reid has a tremendous amount of experience in this league and he's seen it all. He's able to adapt when he loses a player — the next guy can step up and he knows how to use that player."

Ware and West have not only stepped up, though. They've exceeded expectations.

THE ASSOCIATED PRESS



Spencer Ware, left, and Charcandrick West



## LEAGUE CUP LIVERPOOL EARNS SLENDER SEMI-FINAL LEAD

Roberto Firmino dribbles past Stoke City's Philipp Wollscheid during the first leg of the League Cup semifinal on Tuesday in Stoke. Jordan Ibe converted from close range before halftime after Joe Allen diverted a cross from Adam Lallana into his path as Liverpool won 1-0. GARETH COPLEY/GETTY IMAGES

## FIFA INVESTIGATION

# Valcke faces 9-year ban from soccer

Sepp Blatter's former right-hand man is facing a nine-year ban from soccer.

The FIFA ethics committee's lead investigator, Cornel Borbely, recommended the ban for Jerome Valcke on Tuesday after concluding his inquiry. In his final report, Borbely also asked that Valcke be fined 100,000 Swiss francs (\$100,000) and that his prior 90-day suspension be extended for another 45 days.

Valcke, a Frenchman who served alongside Blatter as sec-

retary general for nearly a decade, was accused of violating six articles of the FIFA code of ethics, including confidentiality and conflict of interest.

Last year, Valcke was implicated by a FIFA ticketing partner for using work and private email accounts to discuss a World Cup black market ticket deal. Valcke has denied that he sought cash from sales of top-category tickets for matches at the 2014 World Cup in Brazil.

THE ASSOCIATED PRESS



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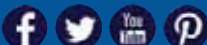
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## RECIPE One Pot Chicken Pasta



PHOTO: MAMA VISHNEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



• 1/2 cup mozzarella

### Directions

**1.** Warm up your olive oil in a large, deep skillet over medium heat. Brown the chicken, working in batches. Once all the meat is nicely browned but not cooked through, add the garlic and give it all a stir.

**2.** Now add the thyme and mushrooms and let them soften up and kick off their juices. Add the wine and/or stock, water and tomatoes. Break the tomatoes up with the back of a wooden spoon.

**3.** Bring the sauce to a bubbly simmer and add your pasta. As the pasta softens up in the heat, push it under the liquid. Depending on which pasta you're using it will take about 15 to 20 minutes. Check seasoning and remove from the heat.

**4.** Top evenly with mozzarella and serve.

FOR MORE MEAL IDEAS, VISIT  
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The genius of this recipe is that the pasta cooks right in the sauce, meaning you only have one pot to clean.

### Ready in

Prep time: 30 minutes

### Serves 4

### Ingredients

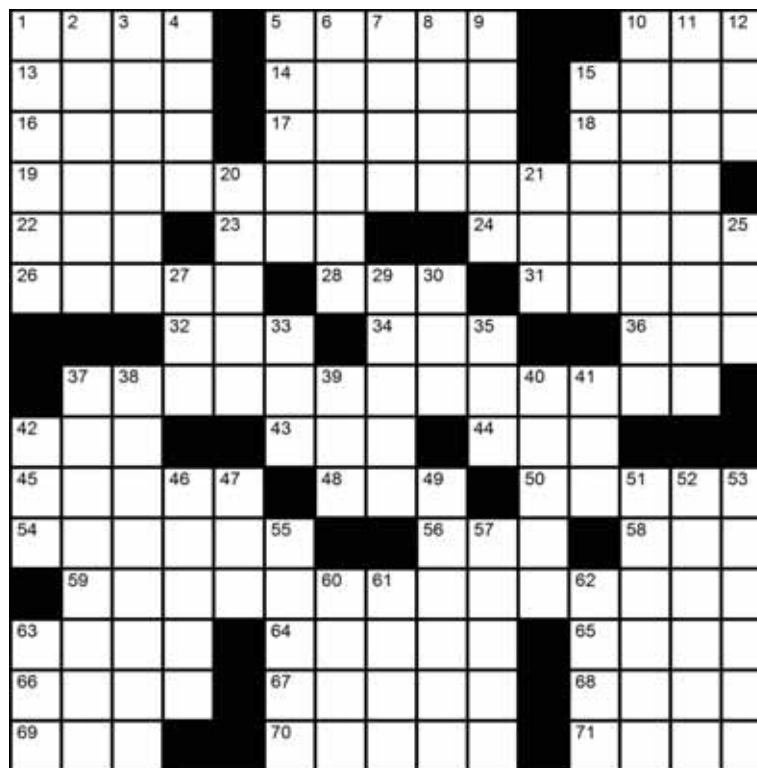
- 1 Tbsp olive oil
- 4 skinless, boneless chicken breasts, cubed
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 Tbsp fresh Thyme
- 1/2 cup white wine
- 1/2 cup chicken stock (or 1 cup of stock if you don't have or feel like using wine)
- 1 x 28 oz can of whole tomatoes
- 1 cup water
- 225 grams of dried pasta
- Salt and pepper to taste

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Tropical birds
5. Explode
10. Baseball bosses, briefly
13. Actor Rob
14. Singer Ms. Baker
15. Coin insertion place
16. \_\_\_ all possible
17. P.E.I., The \_\_\_ Province
18. Jekyll's other side
19. As per #37-Across... Tune by The Weeknd in the 'Favorite Song' category: 4 wds.
22. German article
23. 'Pay' suffix
24. Dawn goddess in Roman mythology
26. British singer/activist Billy
28. Vintage laundry detergent brand
31. Frankie Goes to Hollywood hit
32. Him, in Quebec
34. Dance step
36. 'Social' suffix
37. Wednesday, Jan. 6, 2016 on CBS... \_\_\_ Awards
42. \_\_\_ mode
43. Look
44. Energy unit
45. Gulf of St. Lawrence attraction, \_\_\_ Rock
48. 'Inc.' cousin
50. Canada \_\_\_ (Patriotic bird)
54. Tropical fruit
56. Hawaii's \_\_\_ Beach
58. Airport for The Kardashians,



- commonly
59. Maple taffy drizzled on snow treat in Quebec: 4 mots
63. Good: French
64. Rain/snow mix
65. Declare with certainty
66. As soon as...
67. Matrikin

68. Clay-ish stuff
69. Questionnaire question
70. Certain candle
71. Celebration cries!

### DOWN

1. The Autobiography of \_\_\_ Toklas (1933 Gertrude Stein book)
2. "That's against the rules!": 2 wds.
3. "\_\_\_ Be Your Man" by The Beatles
4. Rectangular

- paving\*block
5. Bakery item
6. Like the book that's never been opened
7. Historic Canadian Louis
8. Base
9. Ms. Tucker
10. \_\_\_ Acid Peel

- (Dermatology clinic service)
11. Preside over the political debate
12. Fr. holy woman
15. Portion
20. Be a mirror in a just-used-shower bathroom: 2 wds.
21. Cat's coat
25. Logs-making need
27. Mop & \_\_\_ (Floor cleaner)
29. Bothered
30. Mr. Efron
33. They, in Sherbrooke
35. Talking Heads' "And \_\_\_ Was"
37. Creation of fashionable folds
38. Secret Service agent's electronics device
39. Fitting-here fish
40. Musical grinder
41. "\_\_\_ Blind" by 54-40
42. Handheld add-on
46. Chili con \_\_\_
47. Storm's centre
49. Erase
51. John's "Grease" (1978) co-star
52. In a wise way
53. Strains
55. Plus
57. Tap liquid
60. Arm bone
61. Harvest
62. Effortless
63. Red carpet scarf

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Take initiative. If you sit around waiting for others to make the first move it's unlikely you'll get anywhere. Aries is a Cardinal sign, meaning you have leadership qualities, so get out there and lead.

**Taurus** April 21 - May 21  
There is a danger that with so many people singing your praises you'll lose sight of the fact that you make mistakes just like everyone. Don't let the hero worship go to your head.

**Gemini** May 22 - June 21  
There may be a lot of stress in your life but you will find ways to cope. One way, of course, is to take nothing too seriously. If you can't laugh at life then you're doing it wrong.

**Cancer** June 22 - July 23  
Don't allow others to speak on your behalf. If you do there is a very good chance they'll say something that causes problems. Take responsibility for your own thoughts and beliefs — and always speak from the heart.

**Leo** July 24 - Aug. 23  
How much do you trust someone? Enough to let them handle your money? If you're convinced that they won't cheat you then let them make decisions. If not, stay in control.

**Virgo** Aug. 24 - Sept. 23  
You want to push your luck today. You want to take chances. A link between the Sun and Pluto in your fellow Earth sign of Capricorn means you know that you can't be beaten.

**Libra** Sept. 24 - Oct. 23  
If someone needs your help today you must give it with no questions asked. A deed done with no thought for your own reward will do no end of good. The way to change the world is to be nice.

**Scorpio** Oct. 24 - Nov. 22  
This promises to be an excellent day socially, get out and make new friends and enjoy new experiences. Someone you meet on your travels will say something that opens your mind to new possibilities.

**Sagittarius** Nov. 23 - Dec. 21  
Don't follow the herd. Go your own way and, if certain people don't like it, take that as a sign you are on the right track. You make the rules.

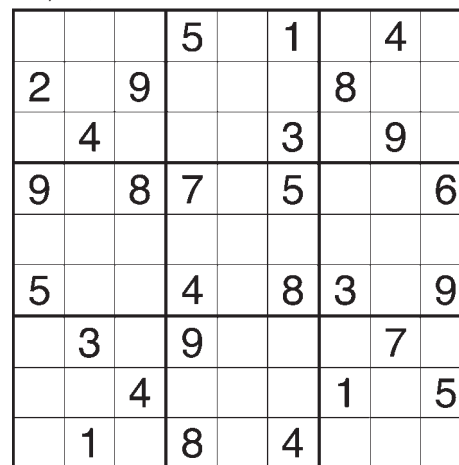
**Capricorn** Dec. 22 - Jan. 20  
Stand back from yourself and work out why you think and act in certain ways. Once you realize that so much of what you do is done out of habit it will be easier to change things.

**Aquarius** Jan. 21 - Feb. 19  
Use your powers of persuasion to do what needs to be done. It may be annoying having to rely on other people but the planets warn you won't get far on your own.

**Pisces** Feb. 20 - March 20  
You're in the mood to take a few risks and they will pay if you join forces with like-minded people and work together towards a common goal. Anything is possible when you are part of a team.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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7	3	6	9	2	8	4	5	1
5	2	1	4	6	3	8	7	9
3	7	5	2	1	9	6	8	4
1	6	4	8	3	5	9	2	7
9	8	2	6	7	4	1	3	5
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2	1	8	5	9	7	3	4	6
6	5	3	1	4	2	7	9	8



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